



I value and love  
who I AM.



I stand solidly  
in my own integrity and  
always say 'yes to myself'  
and when I say 'no'  
it is a 'yes' to myself.



I fill myself up first  
and then I give to others,  
for I always give  
from my fullness.



It is natural  
and easy to speak  
with gentleness, grace,  
clarity and power.



I AM Brilliant,  
Creative & Wise.



I AM Perfect,  
right now,  
just as I AM.



I always know  
exactly when to speak  
and what to say.



I AM centered & connected  
at my core to Spirit.  
Confidently I step forward.



I AM safe  
BEing ME.



There is  
always more  
than enough.



There is  
always a way.



Life is RICH.  
I AM RICH.  
Every Moment  
is RICH.



I focus and  
listen intently.  
I hear the heart.



I see GOOD.  
I see GOOD in Every One.  
I see GOOD in Every Thing.



I know my  
inner guidance and  
my next step  
is clear.



I AM magnificent,  
radiant and fully alive.



I AM always worthy,  
simply because  
I AM connected.



Life draws me in  
and with joyful  
expectancy I experience  
miracles every day.



I have a strong presence  
and AM Courageous and  
Confident, breathing deeply  
into my core & connecting  
with my radiant energy.



My inner being is  
calm and at peace  
in this moment,  
right NOW.



I immerse myself  
in love by doing things  
I love & surrounding  
myself with what I love.



It's comfortable and  
easy for me to look  
directly into  
the eyes of everyone.



I continually attract  
wonderful healthy  
relationships, and my world  
is joyfully expanding.



I trust all is unfolding  
for my greatest good  
and most joyful life.